

2021-2026 HAMILTON'S PLAN FOR AN  
**AGE FRIENDLY  
COMMUNITY**



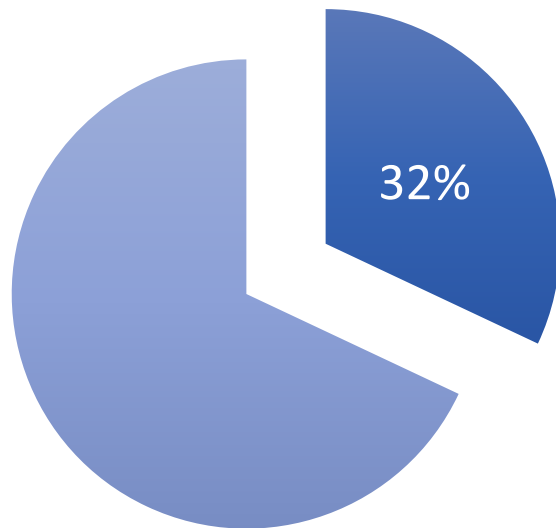
## 2023 Community Progress Report

**City of Hamilton**

**Emergency and Community Services Committee**

**September 19, 2024**

# Demographic Profile



■ older adults (55+)

- Seniors are the fastest growing age group in worldwide
- For the first time in Canadian history there are now more seniors age 65+ than children under age 14
- The senior population in Ontario is expected to double by 2041
- There are 183,265 adults age 55+ living in Hamilton which represents 32% of the population

# World Health Organization (WHO)



World Health  
Organization

- WHO initiative and framework established for cities and communities globally to create enabling environments for active aging
- 2010 - Global Network of Age-Friendly Cities and Communities was established and currently there is a membership of **1606 cities in 53 countries covering 330 million people**

# Age-Friendly Hamilton Timeline



**2013**

Age-Friendly Hamilton partnership forms with the Hamilton Council on Aging, City of Hamilton and Seniors Advisory Committee.



**2014**

Consultation with 700+ older adults and other key stakeholders to inform and develop Hamilton's first Age Friendly Plan.

The Plan is endorsed by City Council.



**2015**

*Hamilton's Plan for an Age-Friendly City (2014-2019)* is certified by the World Health Organization.



**2015 - 2019**

Implementation of the Plan with community partners. Ongoing community engagement and evaluation.



**2019 - 2020**

Consultation for Hamilton's second Age-Friendly Plan, including those living with dementia and their caregivers.



**2021- 2026**

Current: Implementation of *Hamilton's Plan for an Age-Friendly Community (2021-2026)* over 5 years.

# 2021-2026 Hamilton's Plan for an Age-Friendly Community

## 7 Strategic Goals, 21 Objectives, 61 Actions



# 2023 Age-Friendly Hamilton Community Progress Survey

Engaging with the community to identify initiatives, projects, programs and success stories that align with the goals and objectives of Hamilton's Age-Friendly Plan.



The banner features the following elements from top to bottom:

- HCOA Hamilton Council on Aging** logo (blue and yellow text).
- A blue square icon with white vertical lines.
- SENIORS ADVISORY COMMITTEE** text.
- In Partnership with Red Book** logo, with the tagline "Community Information by Hamilton Public Library" below it.
- A blue ribbon banner containing the text: "JANUARY 23 TO FEBRUARY 23, 2024 SHARE YOUR 2023 AGE-FRIENDLY HAMILTON SUCCESS STORY!"
- An illustration of a diverse group of people of various ages and ethnicities, including a person in a wheelchair.
- Contact information at the bottom: "WWW.COAHAMILTON.CA | WWW.HAMILTON.CA/AGEFRIENDLY" and "PHONE: 905-777-3837 EXT. 12238".

# 2023 Age-Friendly Hamilton Survey Results



A 60% rise in survey submissions  
from 2022

81 success stories received from  
62 distinct stakeholders



Partnered with the Redbook,  
managed by the Hamilton Public  
Library to expand this local  
information and referral system

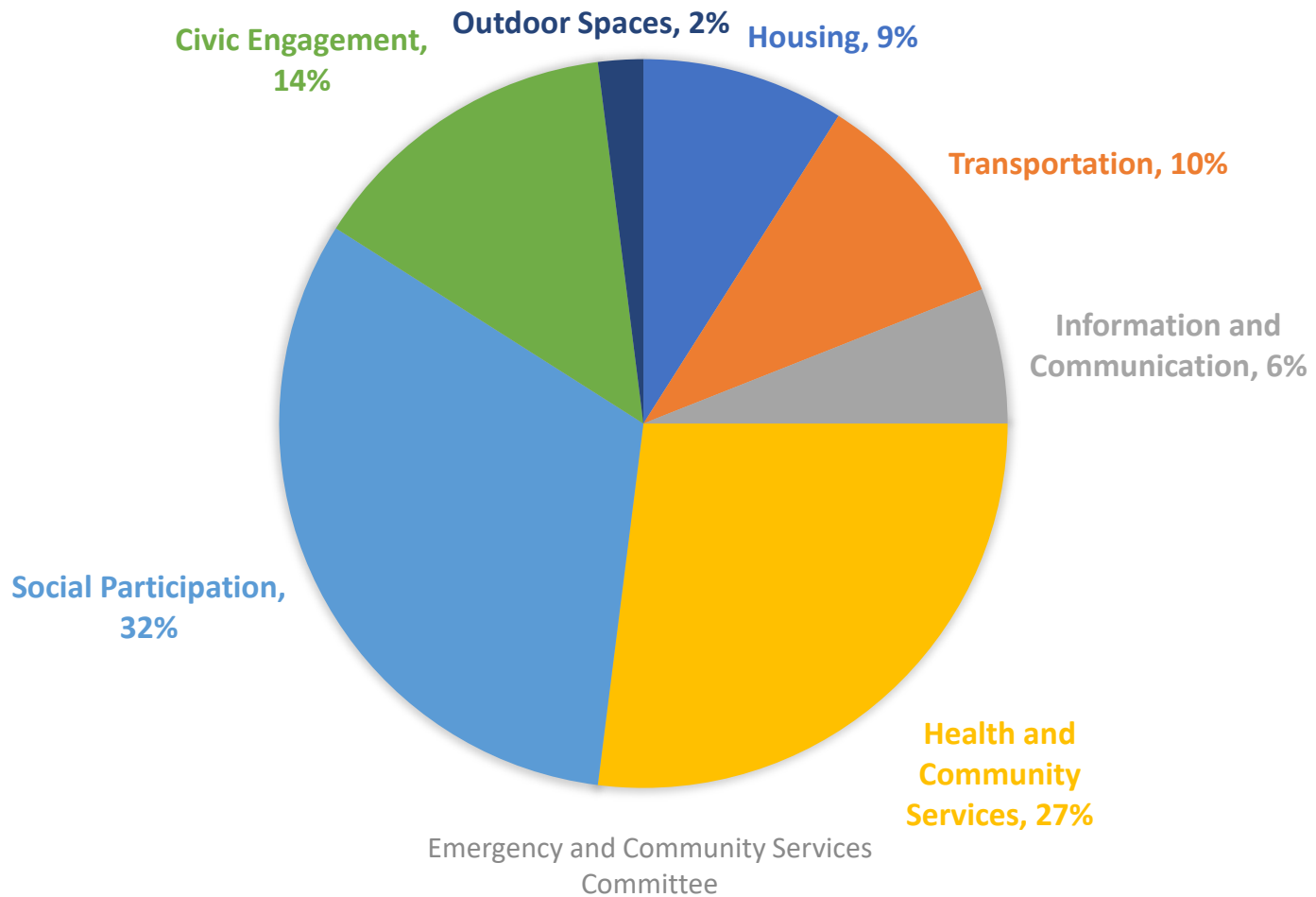


Expanded outreach and input  
from diverse groups



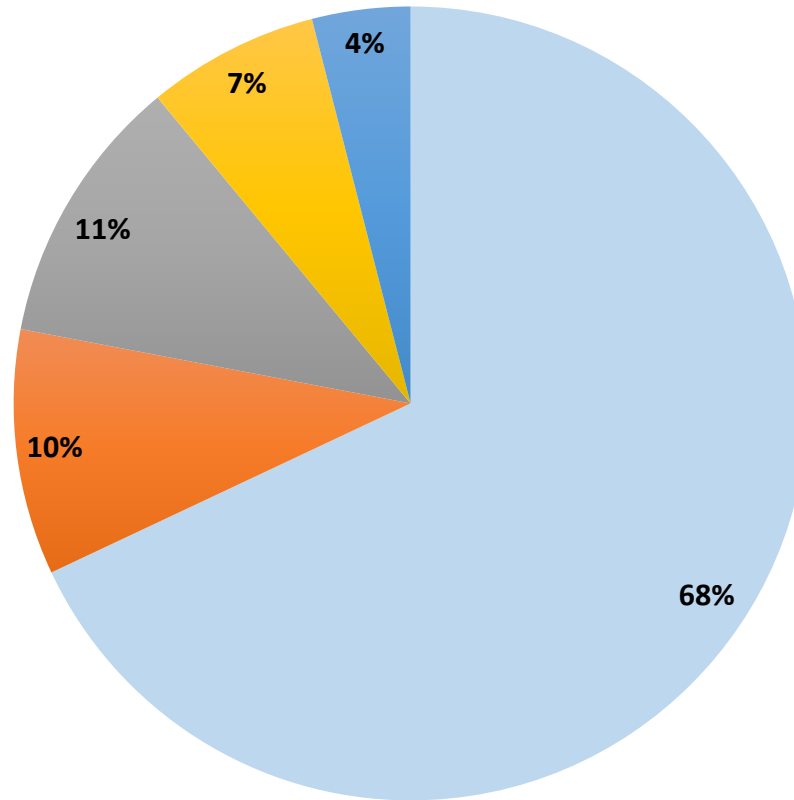
Expanded outreach and input  
from various sectors:  
Not-for-profit, Public, Private

# Submissions by Age-Friendly Goal





# Submissions by Sector



■ Not-for-Profit/Voluntary ■ Private (Business) ■ Public (City) ■ Public (Health) ■ Public (Education)

Emergency and Community Services  
Committee

# Highlights:

## 2023 Age-Friendly Hamilton Success Stories

### Goal 1: Housing

The City of Hamilton secured \$93.5 Million from the Federal government's Housing Accelerator Fund to develop 2,675 housing units over three years.

This funding supports diverse housing initiatives, including the development of **Accessory Dwelling Units for multi-generational living.**

*Submitted by the City of Hamilton,  
Housing Services Division*



# 2023 Age-Friendly Hamilton Success Stories

## Goal 2: Transportation

Supported by 30 dedicated volunteers in Hamilton and Burlington, Cycling Without Age is a program that gives older adults the chance to enjoy bike rides in specially designed tricycles.

In 2023, this program expanded its outreach to care facilities and community events and provided 627 seniors with free trishaw rides.

*Submitted by Cycling Without Age, Hamilton Burlington Chapter.*



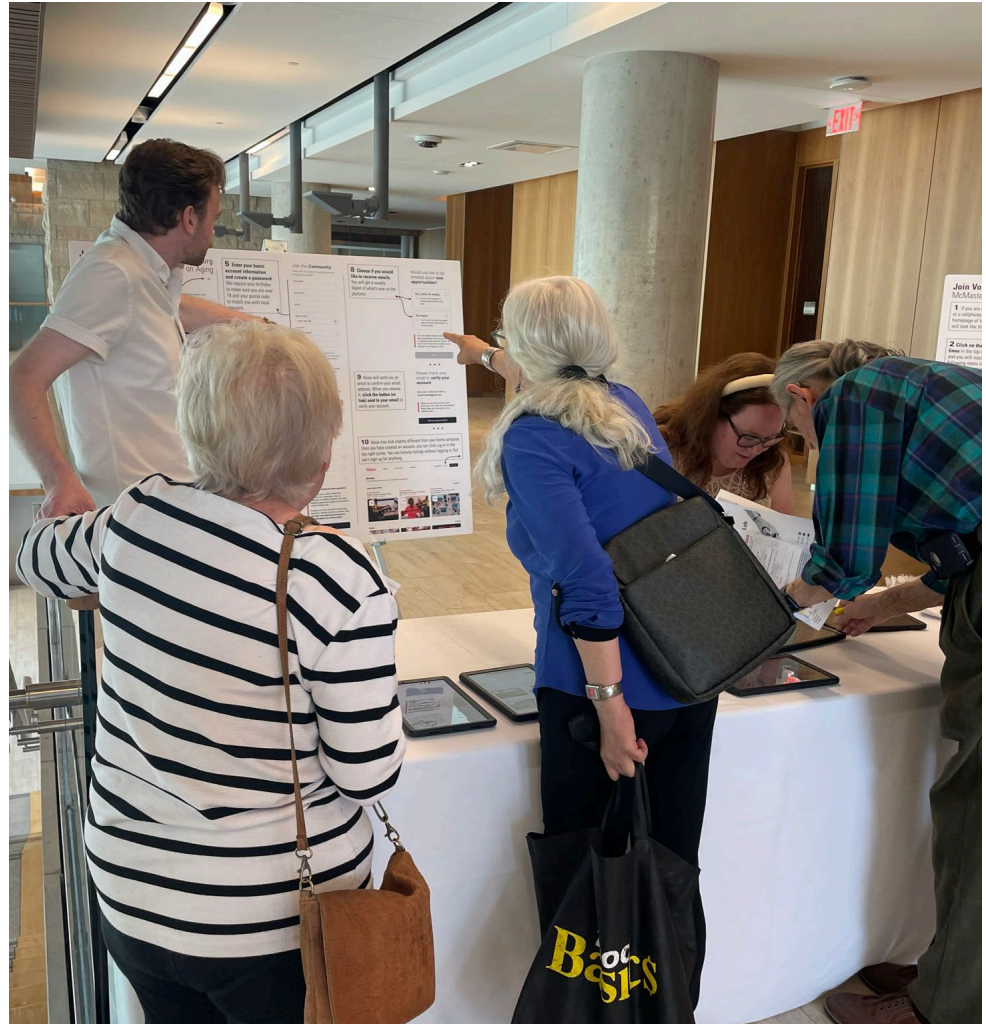
# 2023 Age-Friendly Hamilton Success Stories

## Goal 3: Information and Communication

“Voice Canada” Community Engagement Platform launched to connect older adults and caregivers to research studies and events.

This global community shares insights to shape aging research and outcomes, fostering collaboration and learning opportunities at McMaster University.

*Submitted by McMaster Institute for Research on Aging (MIRA).*



# 2023 Age-Friendly Hamilton Success Stories

## **Goal 4: Health and Community Services**

Seniors4Change workshops empower Hamilton's older adults with practical skills and knowledge. Led by healthcare-experienced peers, programs include a 6-week Positive Aging Series, a 3-week Navigating the Healthcare Series, and Let's Get Moving workshops.

In 2023, the program worked with 40 organizations to deliver 89 workshops to 1090 seniors.

*Submitted by the Hamilton Council on Aging.*



# 2023 Age-Friendly Hamilton Success Stories

## Goal 5: Social Participation

The Social Participation Resource Guide offers older adults (55+) in Hamilton comprehensive information on accessing programs and services.

This guide enhances social participation by connecting seniors with community opportunities and fostering awareness of available resources.

*Submitted by the City of Hamilton,  
Recreation Division (Seniors Services)*



# 2023 Age-Friendly Hamilton Success Stories

## Goal 6: Civic Engagement, Employment, Volunteerism

The Seniors Advisory Committee exemplifies effective citizen advocacy by championing positive change initiatives for seniors and fostering an Age-Friendly Hamilton.

Through their dedicated efforts, they amplify the voices of older adults and drive change in the community.

*Submitted by the City of Hamilton, Seniors Advisory Committee*



# 2023 Age-Friendly Hamilton Success Stories

## Goal 7: Outdoor Spaces

The Parks and Cemeteries Capital Improvements project has revitalized the city's outdoor spaces by upgrading 5 km of asphalt paths, installing 8 curb-free parking spaces for enhanced accessibility, and connecting pathways to amenities such as the washroom facility at Green Acres Park.

Additional Park lighting was also installed, improving safety and visibility along the pathways.

*Submitted by the City of Hamilton, Parks and Cemeteries Operations*





# A Few 2024 Achievements:

- ✓ **An Age-Friendly Equity, Diversity and Inclusion (EDI) Strategy-** includes 14 priority areas for the Age-Friendly Collaborative Committee as well as 11 indicators of success for creating an equitable, diverse, and inclusive community for older adults.
- ✓ **Communications Survey For Older Adults-** a total of 326 surveys were submitted by older adults with the purpose of learning the type of information older adults are currently seeking and their preferred communication methods for receiving information. The end goal is to share survey results with City staff and community organizations who serve and support older adults.
- ✓ **Housing Guide for Older Adults-** a revised guide was developed in collaboration with the Seniors Advisory Committee, City Lab, McMaster University and City staff. The first guide was developed in 2015.

# Next Steps:

- The Equity, Diversity and Inclusion (EDI) Strategy will guide the development of a Strategic Communication and Community Engagement Strategy to:
  - RAISE AWARENESS
  - ENHANCE DIVERSE COMMUNITY PARTICIPATION,
  - PREPARE FOR UPCOMING CONSULTATIONS SHAPING HAMILTON'S THIRD AGE-FRIENDLY PLAN
- Development of a Hamilton Elder Abuse Prevention Network under the umbrella of the Seniors at Risk Community Collaborative (SaRCC)
- Launch the 2024 Age-Friendly Hamilton Community Progress survey
- Continual collaboration with community partners and City staff to implement the recommendations in Hamilton's second Age-Friendly Plan, *Hamilton's Plan for an Age-Friendly Community (2021-2026)*

# Contact Us

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Thank you